**Recommended Pre & Post Care for Secret RF Treatments**

*For best results please follow these instructions*

**BEFORE YOUR TREATMENT:**

* Do not wear makeup on the day of treatment
* Excess hair may need to be shaved. Men should be cleanly shaved
* No sun-tanning or self-tanners 4 weeks prior to treatment
* Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
* Avoid skin irritants (examples below) a few days before and after treatment
* Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
* Notify clinic with any changes to your health history or medications since your last appointment
* History of herpes or cold sores may require an anti-viral prescription prior to treatment

**AFTER YOUR TREATMENT:**

* Wait at least 4 hours before washing face or applying soap, cream or makeup to the treatment area
* Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
* Avoid heat – hot tubs, saunas, etc. for 1-2 days
* Avoid skin irritants (examples below) a few days before and after treatment
* Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
* Bruising, redness and swelling may occur and resolve with time
* More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime
* Multiple treatments are required
* Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
* Consult with clinic about when to resume skin care regime

Additional instructions:

Clinic:Kansas City Skin and Cancer Center

Contact at Clinic:

Clinic Phone Number: (816) 584-8100